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Psychiatric Nursing
Unit 5 Part 2
ON-LINE CONTENT

Please Review the Military Families PowerPoint and Chapter 28 in your textbook and answer the questions below. Place your completed assignment in the Unit 5 Part 2 drop box by 0800 on July 17, 2023.

In order to receive full credit for your time for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed theory time.

1. Name some positive and negative aspects associated with the military lifestyle.

Positive aspects associated with the military lifestyle are early retirement compared to civilian counterparts, a vast resource system to meet family needs, job security with a guaranteed paycheck, health-care benefits, opportunities to see different areas of the world, and educational opportunities. Negative aspects associated with the military lifestyle are frequent separations and reunions, regular household relocations, living life under the maxim of “the mission must always come first,” a pattern of rigidity, regimentation, and conformity in family life, feelings of detachment from the nonmilitary community, the social effects of “rank,” and the lack of control over pay, promotion, and other benefits.

2. Describe some behaviors exhibited by school-age children in response to the deployment of a parent.

Children learn to adapt to changing situations very quickly and hide a certain level of fear associated with the nomadic lifestyle.

- Infants (birth to 12 months): may respond to disruptions in their schedule with decreased appetite, weight loss, irritability, and/or apathy
- Toddlers (1 to 3 years): may become sullen, tearful, throw temper tantrums, or develop sleep problems
- Preschoolers (3 to 6 years): may regress in areas such as toilet training, sleep, separation fears, physical complaints, or thumb sucking. They may assume blame for their parents' departure
- School-age children (6 to 12 years): are more aware of potential dangers to parent. They may exhibit irritable behavior, aggression, or whininess and may become more regressed and tearful about their parent's safety
- Adolescents (13 to 18 years): may be rebellious, irritable, or more challenging of authority. Parents need to be alert to high-risk behaviors, such as problems with the law, sexual acting out, and drug or alcohol abuse

Reports in children's mental health in response to parental deployment reports that they reduced contact with the deployed parent, concerns about the parent's safety, and the role confusion

brought on by taking on too-early and possibly age-inappropriate family responsibilities can lead to physical and mental overload and result in less family involvement, reduced emotional warmth and responsiveness, controlling or rejecting behaviors, and even hostility

3. How do the feelings about leaving their children during a deployment differ between men and women service members?

Women seem to struggle more with guilt feelings for “abandoning” their children, whereas men have stronger emotions tied to the sense of doing their duty. Although men also experience regret at leaving their children, they often rely on the assurance that the children have their mothers to care for them.

4. Name some symptoms of post-traumatic stress disorder.

Symptoms of PTSD include reexperiencing the trauma through flashbacks, nightmares, and intrusive thoughts, intensive efforts to avoid activities, people, places, situations, or objects that arouse recollections of the trauma, chronic negative emotional state and diminished interest or participation in significant activities, aggressive, reckless, or self-destructive behavior, hypervigilance and exaggerated startle response, and angry outburst, problems with concentration, and sleep disturbances.